

REVIEWER'S REPORT

Manuscript No.: IJAR-54567

Title: Do People Prefer Home Remedies Over Prescribed Medications? A Study Among Adults Aged 20–60

Recommendation:

Accept as it is ☒ ☐ ☐ ☐ ☐ ☐ Yes ☐ ☐ ☐ ☐ ☐ ☐.

Accept after minor revision ☐ ☐ ☐ ☐ ☐ ☐.

Accept after major revision ☐ ☐ ☐ ☐ ☐ ☐.

Do not accept (Reasons below) ☐ ☐ ☐.

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality		✓		
Clarity		✓		
Significance		✓		

Reviewer Name: Professor Dr Dillip Kumar Mohapatra

Detailed Reviewer's Report

1. Strengths

1. Relevance and Timeliness:

The topic addresses a growing global concern regarding the shift toward traditional and complementary medicine. It is particularly relevant in the post-pandemic context where health autonomy and natural remedies have gained traction.

2. Comprehensive Theoretical Background:

The literature review is rich and well-referenced, citing both classic and contemporary studies (Astin, 1998; Welz et al., 2018; Zaidi et al., 2022), establishing strong theoretical grounding.

3. Balanced Perspective:

The study avoids bias toward either home remedies or pharmaceuticals. It presents a nuanced view of “blended healthcare” — recognizing how people combine both systems.

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4. Clear Methodological Design:

The structured questionnaire with both qualitative and quantitative elements provides depth. The inclusion of chi-square testing, demographic segmentation, and mixed-method triangulation strengthens validity.

5. Cultural Insight:

The discussion successfully links health behavior with cultural continuity, perceived safety, and psychological trust — going beyond economics as a determinant.

6. Policy and Practice Implications:

The recommendations for integrating safe traditional practices into modern healthcare and for fostering open doctor–patient dialogue add practical significance.

2. Weaknesses

1. Small Sample Size ($n = 42$):

While the data are useful for exploratory insight, the sample is too limited for generalization across adult populations. Future studies should expand the respondent pool and diversify regions.

2. Sampling Clarity:

Though “randomized selection” is mentioned, the recruitment procedure and demographic breakdown (education, occupation, rural/urban) need clearer explanation to verify representativeness.

3. Statistical Depth:

The analysis relies mainly on descriptive and chi-square tests. Including regression or factor analysis could strengthen causal inferences and interaction effects between variables.

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4. Instrument Validation:

More detail on questionnaire validation (e.g., Cronbach's alpha, test-retest reliability) would improve methodological rigor.

5. Formatting and Language:

The manuscript could benefit from smoother paragraph transitions, consistent formatting (spacing, headings), and minor grammatical polishing for publication readiness.

6. Ethical Statement:

While informed consent is mentioned, the paper would benefit from a clearer statement of ethical approval (institutional or IRB reference).

3. Significance of the Study

Public Health Value:

The study contributes valuable insight into patient behavior, health literacy, and treatment decision-making among adults — critical for designing culturally sensitive public health programs.

Health Communication:

It underlines the need for trust-building between patients and healthcare providers, emphasizing patient autonomy and cultural competence.

Policy Relevance:

The findings support the creation of integrative health policies that regulate and validate herbal or home remedies while ensuring safety and scientific oversight.

Research Advancement:

It sets a foundation for larger cross-cultural studies comparing preferences for traditional vs. modern medicine globally.

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4. Key Points

- 1. 54.8% of respondents believe home remedies are more effective than prescribed medicines.*
- 2. Preferences persist across both younger and older adults, showing intergenerational continuity.*
- 3. Key motivators: perceived safety, natural appeal, cultural trust, psychological comfort, and side effects from pharmaceuticals.*
- 4. Financial barriers influence but do not solely determine preference — belief systems play a stronger role.*
- 5. Many participants practice dual use — visiting doctors while using home remedies.*
- 6. The findings highlight the need for safe integration of traditional remedies within mainstream healthcare systems.*
- 7. Health professionals should adopt open, patient-centered communication to address misconceptions and ensure safe co-use of treatments.*